



FRIENDS IN SERVICE HELPING

HOW CAN YOU HELP?



Jim Peckham ext 101

As we approach the end of the year, we have some good news, ... and let's just say we have some challenging news. Everyone needs a few challenges in life, right?

On to the good news. Our regional economy is headed in the right direction. The unemployment rate is down from being in the teens to below 5%. During the worst of the economic down turn, we were serving nearly 10,000 of our neighbors in need, and last year the number was down to 7,500. These clients are mostly spread across the four counties that we serve: Carson, Douglas, Lyon and Storey Counties. Many clients who are of working age, are getting jobs. The stock market and 401k's are moving in a positive direction, and overall the majority of those living in Northern Nevada have breathed a sigh of relief now that economically, things seem much better.

As mentioned; however, we still have some significant challenges. The most noticeable challenge at FISH is that even with fewer clients, we have been spending twice as much on food. The community is relieved that the economy is better, but as a result, **donated food has decreased by nearly \$130,000 over the last 12 months.** Clients got jobs, but lost their food stamps. FISH still needs to provide food to keep clients from feeling that they have fewer resources since rejoining the work world. Other clients have greater needs as they transition to the job market. More have mental health and addiction issues, some being unemployed for years have lost their confidence. The training and development needed is far beyond learning to build a resume. Instead, we are working to rebuild their confidence and create hope. Hope in the future is a critical motivator to help folks change destructive behaviors that hold them back. So as FISH works to stabilize these clients, we have been running out of food that helps us create that stability.

How can you help? We need more donations of high protein items like peanut butter/tuna, chili, etc.; and canned fruit; or cash donations earmarked for food or most critical need (we can buy in bulk and get 3-4 times more food for each dollar donated as compare to you shopping at your favorite store).

Another big challenge in our region is affordable housing. Local apartment buildings are full, and as rent agreements expire, landlords are increasing rents by hundreds of dollars and they still have waiting lists. Renters who are have obtained higher paying jobs in the area, are paying what it takes for housing, so landlords keep raising the rents. Renters on fixed

incomes or with governmental section 8 housing vouchers are literally out in the cold, or they pay extra at extended stay motels, which bumps out the very low income individuals who use motels for long-term housing. All of this is going on as our region is trying to build its workforce for economic growth. Even our kids are feeling the pinch, looking elsewhere for employment as they tire of living with their parents/grandparents... they want to be living on their own, living as adults... and as a society, that is a good thing.

How can you help? Consider becoming a landlord. Do you have rentable bedrooms or guest quarters? Encourage developers/builders to include some smaller units in and among their planned housing developments. Other cities have proven that those who live in "affordable/low income" units built among higher priced units are motivated by their neighbors. They are more motivated compared to similar groups of people who only have neighbors who live in low-income units. Mixed income housing is very healthy for the communities that adopt it.

A final challenge worth mentioning is a need for volunteers. In recent years FISH has had many volunteers who were waiting for the job market to provide opportunities. We had access to some great talent, but now many have returned to work. This is especially evident in our Thrift Stores. We are getting more donations and more shoppers, but we have fewer people helping to provide the needed customer service. FISH is also always looking for volunteers who can help out planning or participating in events. Those with coaching/counseling, marketing, construction, or IT backgrounds.

How can you help? Come spend 4 hours a week volunteering at FISH. Join one of our three thrift stores (Carson, Minden, or Moundhouse) or let us know what other talents you would like to share. It is a great way to meet others, and it is a good way to give back to the community as you help raise money or directly assist those in our community that need a "hand-up" as opposed to a "hand-out".

Overall, our community does a great job of supporting FISH and other non-profits in the area, and we are thankful for that support. However, as mentioned, we still have some challenges as we rise from the historic recession of the recent past. Challenges that need to be tamed, to keep our community healthy, and moving in the right direction.



FISH provides food, clothing, shelter and medical aid to low income families, the homeless and hungry within our community, with the objective to provide programs and referrals to families and individuals so that they may become self-sufficient.



Locations

Admin & Thrift: 138 E. Long St. Carson City, NV 89706	775-882-FISH (3474)
Thrift: 1561 Hwy 395 Minden, NV 89423	775-783-FISH (3474)
Ranchos Services: 921 Mitch Dr., Gardnerville, NV 89460	775-265-FISH (3474)
Thrift: 10126 Hwy 50E, Moundhouse, NV 89706	775-246-7654



FRIENDS IN SERVICE HELPING



You Have A Heart For Our

Accurate Mobile Locksmith
 Ernie & Sarah Adler
 George & Barbara Allison
 Dee Anthony
 Rex & Karen Baggett
 Jim & Lori Bagwell
 Richard & Sharron Baldwin
 Hellen Barclay
 Battle Born Chapter NSDAR
 Jim Beilstein
 Mike (R.M) Bennert
 Berger North Foundation
 Debra Best
 Bethlehem Lutheran Church
 Joseph Bradley
 Jim & Midge Breeden
 Mia Brozovich
 Molly Bundy-Toral
 Burlington Coat Factory
 Patricia Carpenter
 Calvary Chapel Carson City
 Veronica Carrillo
 Carson City Toyota-Scion
 Carson Now
 Jim Clark
 Mitch Clever
 J.P. Copoulos, Architect
 Costco
 Cottonwood Mobile Home Park
 Odetta A. Coughlin
 Mary Covington
 Richard & Lorraine Courtney
 A.L. Craig
 Robert & Susan Crowell
 Barbara D'Anneo
 David Wallys Hot Springs Resort
 Sean & Nancy Davison
 Sally Dorf
 Eden Managements
 E.L. Cord Foundation
 El Dorado Savings & Loan (Douglas and Carson)
 F&G Construction
 Guy Farmer
 First Christian Church
 First Baptist Church of Carson City
 First Independent Bank
 First Presbyterian Church
 Fountainhead Foursquare Church

David & Kelly Fluitt
 Food Bank of Northern Nevada
 Food Max
 Brian Fox
 Genoa Community Church
 Lawrence Fowler & Joseph Gerardi
 Mark Girard
 Gary Gladwill
 Glen Eagles Restaurant
 Cliff Grady
 Grocery Outlet
 Harley-Davidson Financial Services
 Hilltop Community Church
 Brad Harris
 Jennifer Herald
 Susan Hohn
 International Church
 Intero Realty
 Jack Rabbit Plumbing
 JCK Trust
 Susan Kawchack Kuechler
 Tom & Martha Keating
 Ronald Knecht
 Mary Kay Kinne
 Timothy & Cecilia Kness
 Bruce Kochsmeier
 Les Schwab Tire Center
 Rosie Laird
 Lifepoint Church
 Kara Levario
 Marilyn Lewis
 Mary & John Liveratti
 Sister Marie McGloin
 John Miller
 Edward & Ann Moser
 Nara Fund
 Nature's Bakery
 Nevada Appeal
 Nevada Attorney General Office
 Nevada State Bank
 NV Energy
 SA & CA Palazzolo
 Fr. Jeff Paul
 Dennis & Mona Deirdre Pederson
 Thomas E Perkins
 Jim & Suzanne Peckham
 Pets of the Homeless
 Ullrich Porzig

Raley's
 Mario Ramirez
 Memory of E. Rankl
 The Record-Courier
 ReMax Realty
 Norman & Linda Ritter
 Robert Darney, Architect
 Robert Z. Hawkins Foundation
 Ron's Refrigeration
 Rotary Club of Carson City
 Save Mart
 Nackey & Robert Scagliotti
 Scott Scherer
 Joann Sheerin
 J Dennis & Nina Small
 Southwest Gas Foundation
 Sierra Chef
 Sign Pro
 Smith's Food and Drug – Gardnerville
 Stampede Pest Control
 Susan & Glen Southwick
 St. Peters Episcopal Church
 St. Teresa of Avila Catholic Community
 Starbucks
 The Terry Law Firm
 Trinity Lutheran Church
 James Turner
 US Bank
 Valley Christian Fellowship
 Wal-Mart
 Wells Fargo Community Support
 Brad & Barbara Williams
 Dean R. Wilson
 Donald & Paula Winne
 John & Rita Wiseley
 Stacy Woodbury
 7/11

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FRIENDS IN SERVICE HELPING

WHAT WE'VE BEEN UP TO

Ranchos Family Services Center's Fall Event

The Rancho Family Service Center at 921 Mitch Drive hosted its annual client service winter coat event on Thursday, October 19, 2017. FISH invited the children and families of CC Meneley School to come over between 3:00 and 6:00 for free coats, socks, and hotdogs. The coats and socks were gathered through coat drives and donations. The hotdogs were barbequed by local volunteers. The children and parents were delighted with their nice coats and new packages of socks! We are still in need of cold weather sleeping bags, men's hat & gloves, kids socks and thermal under garments for all! More coat and sock drives will be coming to the Carson Valley soon so that more can be given away. Keep an eye out for donation barrels at your local church or favorite business.



Many people came to this event just to see what was going on and check out the place while enjoying a hotdog, lemonade and chips. It was a great way to meet the neighbors and give everyone a better understanding of the coaching services that will be offered to the clients at this new facility!

HUGE THANK YOU TO MICHAEL HOHL!!!

Michael Hohl in Carson City donated their annual collection of pet food to FISH. This is a yearly event where the dealership and Pets of the Homeless partner to collect pet food for our community. This year they collected over 2435 pounds of pet food that was donated to FISH. Thank you to Michael Hohl and Pets of the Homeless!





FRIENDS IN SERVICE HELPING

TELLING THEIR STORIES

In 2017 my husband and I lost our jobs. We couldn't pay our rent and in a blink of an eye we found ourselves out on the streets. Friends and family turned the other direction leaving us to face the worst fears ever on our own.

We had heard of Friends In Service Helping helping others before so with only the clothes on our back and a suitcase we took a giant leap of faith. FISH welcomed us with smiles, kind words, and open arms. We were given understanding, warmth, food, clothing, and most importantly a roof over our heads. Though we were separated in different houses, we were able to relax knowing that each other was safe.



Michelle Cox & Kevin Tracy

we were able to take baby steps to ensure we were on the right track. We learned how to give back to a community with love, compassion, and understanding. How it truly feels to give and not want anything in return. Being in the houses taught us how to become stronger not only as individuals, but as a couple as well.

In a short time we both have full time jobs that we love and thrive at. After two months apart we can finally say good night and good morning together. A feeling we didn't think we'd ever see again. In the end we continue to volunteer in the food bank in our spare time with the same smiles, understanding, and love we were shown.

Through a managed and structured routine Kevin and I we able to start putting our lives back together. We

We can happily say we not only found help when we needed it the most, we found true friends and more importantly, true family...



Through the Looking Glass

Top ten things we need donated year round!

10. *Thermal under garments*
9. *Men's winter hats*
8. *Shampoo/Bar Soap*
7. *Deodorant*
6. *Toilet Paper*
5. *Butter/cooking oil*
4. *Soup*
3. *Mac & Cheese (boxed)*
2. *Rice*
1. *Meat/chili/ravioli*





TRICK-OR-TREAT FOR FISH



Trick or Treat for FISH encompasses ten local elementary and middle schools competing for the coveted "Phil the Fish" trophy. Bethlehem Lutheran School has been the reigning champs in recent years. The collection ended on Halloween. A huge THANK YOU to the entire Carson City school district for their support and participation!

2017 Winners:

Winning School: Bethlehem Lutheran

Winning Teacher: Palmer from EVMS

Top Class: Mrs. Devlin's Class from Bethlehem Lutheran

Top Student: Austin Milligan from Bethlehem Lutheran

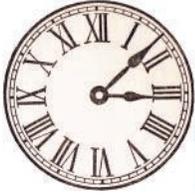
This year's drive brought in 18,990 pounds of food! The school district did a wonderful job and ensured the success of the event! We will be able to put a dent in the hunger needs in our community!





FRIENDS IN SERVICE HELPING

Time, Talent, Treasure



TIME:

We have openings in our Food Bank M-F 9-12, 1-5, in our Carson City Thrift Store M-Sa 9-5:30 and many other one time opportunities. If you're interested, please call our office at 882-3474 and set up a time to meet with Liz. Together you will see where you can get involved.



Talent:

We are in need of painters, electricians and carpenters. Our facilities are in need of some TLC. If you are able to take some time to help us beautify our building please give Liz a call at 882-3474 x109

Treasure: Monetary donations are always appreciated because FISH has partnerships with companies that will allow us to purchase three times what you can with the same amount of money. but we have other needs as well.

Greatest needs...

- Chili
- Canned Chicken or Tuna
- Soup
- Canned Veggies
- Canned Fruit
- Canned Beans (pinto, refried, etc.)
- Boxed Mac & Cheese

We can also use....

- Ramen
- Instant Oatmeal
- Peanut Butter
- Canned Tomatoes
- Spaghetti Sauce
- Pasta
- Raviolis



As the holidays approach, we need turkeys, stuffing, green beans (canned), corn (canned), yams (Lg. & Sm. Cans), gravy (canned chicken or turkey).

Keep the littles ones in mind too. Baby formula and food are always needed!

How Can You Support FISH?

There are many ways to support FISH beside a direct donation. Raley's shoppers can donate at the check out. FISH receives a percentage through the Food For Families partnership.

Many corporations offer matching donations to employees who want to support local organizations—find out if your company will match your donation.

Have any other ideas? Let us know!



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NEVADA DAY SHENANIGANS

Parade Helpers: Gabriel, Matthew and Emma



Information booth across from the Nugget



Classics in the Parade: Barry Smith and family

Welcome New Employees



Kateri Cramer:
Thrift Store , Carson City



Des Craig:
Intake Specialist, Douglas



Danielle Hill:
Receptionist, Carson City



Jason Gies:
Thrift Store, Carson City



Friends In Service Helping

138 E. Long Street
Carson City, NV 89706
775-882-FISH (3474)
www.nvfish.com

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Upcoming Events



Turkey drop on November 16 in front of the Nugget from 6am to 6 pm. This event is only one day but turkeys can be dropped off, at FISH, M-F, through December!

Empty Bowls is on December 1 from 5-8. Join us at Carson City Hall for great soup served in unique hand painted bowls. Tickets are a \$15.00 donation (select and keep a hand crafted bowl) \$5.00 donation/with \$15 donation in the same party **includes soup but no hand-crafted bowl.**



The Parade of Lights in Douglas County is on December 2. Look for FISH in the parade!

Share Your Holiday Food Drive at the Governors Mansion is on December 8. FISH's time slot is from 10am to 2pm. Drive through and bring us your donations.



Stay up to date with FISH events, programs and volunteer opportunities by following us on Facebook.



Facebook.com/NVFISH

